

Nage Waza

Niveau	Koshi Waza	Ashi Waza	Te Waza	Ma Sutemi Waza	Yoko Sutemi Waza	Gaehi Waza	Renraku Waza
5. kyu	O Goshi	O Soto Otoshi					
4. kyu	Uki Goshi	O Uchi Gari	Seoi Nage				O Goshi + O Uchi Gari
		Ko Uchi Gari					
3. kyu	Harai Goshi	De Ashi Barai	Sukui Nage/Te Guruma	Tani Otoshi		Uki Goshi → ← O Goshi	Ko Uchi Gari + O Uchi Gari
			Tai Otoshi				O Soto Gari + Seionage
2. kyu	Goshi Guruma	Uchi Mata			Yoko Guruma	Harai Goshi → ← Te Guruma	Ko Uchi Gari + Tai Otoshi
	Soto Maki Komi					Seoi Nage → ← Tani Otoshi	O Uchi Gari + Tai Otoshi
	Sode Tsuru Komi						Tai Otoshi + Harai Goshi
1. kyu	Hane Goshi	Sasae Tsuru Komi Ashi		Ura Nage		O Uchi Gari → ← HaraiGoshi	Sode Tsuru Komi Goshi + Ko Uchi Maki Komi
						Seoi Nage → ← Yoko Guruma	Ko Uchi Gari + Uchi Mata
						O Uchi Gari → ← Soto Maki Komi	O Soto Gari + Goshi Guruma
							O Uchi Gari + Harai Goshi
1. dan		Okuri Ashi Barai	Kata Guruma	Tomoe Nage		O Uchi Gari → ← Tomoe Nage	O Soto Gari + Harai Goshi / Hane Goshi / Uchi Mata
			Okuri Morote Gari	Sumi Gaeshi		O Soto Gari → ← Sukui Nage	Ko Uchi Gari + Sasae Tsuru Komi Ashi
						O Soto Gari →← O Soto Gari	O Soto Gari + O Uchi Gari / Ko Uchi Gari
						Uchi Mata → ← Sukui Nage	Uchi Mata + Ko Uchi Gari
							Tomoe Nage + Ude Hishigi Juji Gatame
2. dan		Kani Basami		Hiki Komi Gaeshi	Yoko Wakare	Uchi Mata → ← Ura Nage	Sasae Tsuru Komi Ashi + Seio Nage
						Uchi Mata → ← Tani Otoshi	Okuri Ashi Barai + Harai Goshi / Hane Goshi / Uchi
							Okuri Ashi Barai + Tai Otoshi
							Harai Goshi + Soto Maki Komi
							5 egne teknikker eller -kombinationer